ANNUAL REPORT

1987

PRINCE ALBERT HEALTH REGION NO. 12

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PERSONNEL
(At December, 1987)

M.J. Thorn, Regional Director
Dr. H.L. Kinman, Medical Health Officer -Retired May 31, 1987
C. Caswell, Senior Public Health Inspector - Retired May 31, 1987
J. Rindahl, Speech-Language Pathologist
L. Laturnas, Speech-Language Pathologist
R. Wong, Early Childhood Psychologist
M. McDermott, Public Health Nutritionist - Transferred to H.R. #10 in October, 1987
H.M. Worbey, Chiropodist
C. Asmussen, Dental Health Educator
M. Honish, Assistant to the Chiropodist
G. Rindahl, Regional Nursing Supervisor
E. Nickel, Public Health Nurse I
J. Brooks, Public Health Nurse I
P.J. Brasnett, Public Health Nurse I - Retired May 31, 1987
O. Karpish, Public Health Nurse I
R. Parkes, Public Health Nurse I
P. Stuart, Public Health Nurse I
H. Lindenas, Public Health Nurse I
L. Davidson, Public Health Nurse I - Resigned December, 1987
L. Waker, Public Health Nurse I (Part-time) - Resigned July 16, 1987
K. Ullyott, Public Health Nurse I
C. Shaw, Senior Public Health Inspector, Effective November 16, 1987
H. Smith, Public Health Inspector I, Deceased January 29, 1987
L. Humenny, Public Health Inspector I
M. Dean, Public Health Inspector I
L. Pelletier, Clerk Typist III
B. Grezaud, Clerk Steno II
M. Audit, Clerk Typist II
B. Ziegler, Clerk Typist II (Part-time)
J. Berkech, Clerk Typist II (Part-time)

DISTRICT OFFICES

Shellbrook	747-2525	- C. Kowalczyk, Public Health Nurse I
		- A. Sokolowski, Public Health Nurse I - Resigned May 12, 1987
		- S. Babcock, Community Therapist
		- M. Agnew, Clerk Typist I (Part-time)
Spiritwood	883-2342	- A. Drieschner, Public Health Nurse I
		- B. Herbel, Clerk Typist I (Part-time)
Birch Hills	749-2266	- V. Bright, Public Health Nurse I - Retired May 31, 1987
Wakaw	233-4363	- J. Rudichuk, Public Health Nurse I
		- C. Fiolleau, Clerk Typist I (Part-time)
		- B. Dean, Community Therapist
Big River	469-2122	- C. Moyer, Public Health Nurse I
		- G. Dunn, Clerk Typist I (Part-time)
Rosthern	232-4282	- D. Fehr, Public Health Nurse I
		- E. Broten, Clerk Typist I (Part-time)

HEALTH DISTRICTS, MUNICIPAL HEALTH REPRESENTATIVES
(As of December 31, 1987) (*Indicates Board Member)

	MUNICIPAL HEALTH REPRESENTATIVE
HEALTH DISTRICT #1	
City of Prince Albert	*Lee Gisi *Grethyll Adams
HEALTH DISTRICT #2	
Blaine Lake	*Mabel Androsoff
Shellbrook	Harry Beilhartz
Leask	Miriam Barcsik
Marcelin	Maria DeGirolamo
Parkside	Vivian Martin
R.M. of Blaine Lake #434	A. Garand
R.M. of Leask #464	H. Wendel
R.M. of Shellbrook #493	Gene Wyman
Resort Village of Pebble Bay	
HEALTH DISTRICT #3	
Big River	Vacant
Spiritwood	Dave McLachlan
Canwood	Dr. E.I. Blenkinsop
Debden	Henri-Paul Fortier
Leoville	Noel Turgeon
Shell Lake	*Garnett Strate
Resort Village of Chitek Lake	Lee Henry
R.M. of Canwood #494	Ronald Peterson
R.M. of Spiritwood #496	Ludwig Schalm
R.M. of Big River #555	Vacant
Resort Village of Big Shell	Ben Czemeres
Resort Village of Echo Bay	Alan Thrasher
HEALTH DISTRICT #4	
Duck Lake	Gerard Como
Rosthern	George Oleksyn
Hague	P. Unger
R.M. of Rosthern #403	P. Fehr
R.M. of Prince Albert #461	*B. Bibby
R.M. of Duck Lake #463	Carl Windels
HEALTH DISTRICT #5	
Birch Hills	*Jim Johnstone
Cudworth	Leona Weixl
Wakaw	Faye Michayluk
Alvena	Michael Skakun
Domremy	Marie Georget
St. Louis	Fernand Gaudet
Yellow Creek	Tom Andre
Resort Village of Wakaw Lake	Robert Sirois
R.M. of Hoodoo #401	Mike Rohachuk
R.M. of Fish Creek #402	Ben Boychuk
R.M. of Invergordon #430	Edwin Rundbraaten
R.M. of St. Louis #431	S. Swenson
R.M. of Birch Hills #460	Stewart Adams

HEALTH DISTRICT #6	MUNICIPAL HEALTH REPRESENTATIVE
Meath Park	*Kay Senga
Paddockwood	Dorothy Spoonheim
Weirdale	Wm. Sutton
Resort Village of Candle Lake	Lawrence Vandevord
R.M. of Garden River #490	Gerald Zbaraschuk
R.M. of Buckland #491	Andrew Campbell
R.M. of Paddockwood #520	Wm. Neurauter
R.M. of Lakeland #521	Mona Squires
Christopher Lake	Josephine Crothers
Albertville	June Briere

REGIONAL BOARD CHAIRMAN'S REPORT

The year 1987 saw a lot of empty positions unfilled, from Public Health Nurses to Public Health Inspectors. There seems to be a trend of more and more twinning of positions.

This year, once again, the Provincial Regional Health Board Chairmen were unable to meet with the Minister of Health and our 1987 spring meeting was cancelled completely. It is very important that we meet with the Minister of Health twice a year and no less than once a year.

Our Chiropody Program is still continuing as a great success. Dr. Hannah-Mary Worbey is coping under a tremendous load.

Our audiologist has arrived here in Prince Albert and, needless to say, is a very busy person. There still is a backlog of patients.

The Federal Government has still done nothing about the location of storing the Emergency Measures Hospital located at the airport. It has been stored there for thirty years with absolutely no update whatsoever. The City of Prince Albert, under a long term contract, is still responsible for its storage and upkeep. The nuclear war that was to have come, to date, thank God, has not come. My belief is, it will never come. My concern of a local disaster could be either a large airplane crash or a serious chemical spill in the 2nd Avenue West area, with a strong westerly wind. The last place in the world anyone would go to for supplies would be the E.M.O. stored hospital supplies.

Our "No Smoking" program has been a great success. The City of Prince Albert has become involved in the program. It now has designated smoke-free areas in its buildings and facilities. The Provincial and Federal Governments have followed closely. The program is expanding daily - one day, with extended educational programs, we will have a "Smoke-Free Society".

Our new Regional Director and Medical Health Officer is Dr. Heimann. We will also be sharing him with the Melfort-Tisdale Health Region. Jim Thorn will now be our Director of Support Services and again, we will also be sharing him with the Melfort-Tisdale Health Region.

I want to thank all of our staff on behalf of the Prince Albert Health Region Board, for an enormous job well done. The time has come when we must all do more with less.

Lee Gisi
Board Chairman

MEDICAL HEALTH OFFICER'S REPORT

1987 saw a great deal of change in the Prince Albert Health Region. Dr. H.L. Kinman retired at the end of May and as of the 1st of June I became responsible for the Prince Albert Health Region. On behalf of the members of the Health Region Board and the Health Region staff I would like to acknowledge Dr. Kinman's years of service to the Health Region and the Province of Saskatchewan and wish him well in his retirement.

Almost every program experienced some sort of staff change during the year and these are noted in the individual reports. The Dental Health Education Program commenced in September of the year and is an excellent addition to our preventative program.

Acquired Immune Deficiency Syndrome (AIDS) was probably the major health topic within the Health Region this year. The Department has embarked upon a major education campaign to promote understanding of this disease and to reduce the transmission of the Human Immunity deficiency virus (HIV) which is responsible for AIDS.

Examination of the communicable disease statistics show increases in a number of diseases. Parasitic gastrointestinal disease, mainly Giardiasis, increased markedly in 1987. During the year a great deal of emphasis was placed on the reporting and follow up of cases of Giardiasis and this alone may account for the increased number of cases. No specific source for this disease has been identified, however, follow up of cases of Giardiasis will continue throughout the coming year. The number of cases of measles (Rubeola) also increased markedly in 1987. Although an effective vaccine exists for this viral disease, this virus is easily transmitted from person to person and so immunization levels against measles must continue to remain high.

An examination of the death statistics for the Health Region show a large number of deaths from lung cancer, ischemic heart disease, cerebrovascular disease (stroke) and accidents. The tragedy of these statistics is that many of these deaths are preventable. For example, 75% of lung cancer is caused by cigarette smoke. It is gratifying to see that the members of the Health Region Board are actively working to promote nonsmoking initiatives.

On behalf of my staff and myself, I would like to thank the members of the community for the co-operation we have received throughout the year. We look forward to working with you during 1988.

G.A. Heimann, M.D., M.H.Sc.,
Medical Health Officer.

NUMBER OF DEATHS BY CAUSE, AGE GROUP AND SEX
OCCURRING IN SASKATCHEWAN IN 1987
FOR HEALTH REGION #12 PRINCE ALBERT

	TOTAL	ALL AGES		< 15		15-24		25-44		45-64		65-74		75+	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F
ALL CAUSES OF DEATH	611	347	264	12	8	12	0	18	8	67	37	84	43	154	168
03 OTHER BACTERIAL DISEASES	1	1	0	0	0	0	0	0	0	0	0	1	0	0	0
04 VIRAL DISEASES	1	0	1	0	1	0	0	0	0	0	0	0	0	0	0
07 OTHER INFECTIOUS,PARASITIC DISEASES	2	0	2	0	1	0	0	0	0	0	1	0	0	0	0
08 M N OF LIP,ORAL CAVITY,PHARYNX	5	3	2	0	0	0	0	0	0	1	0	2	1	0	1
09 M N OF DIGESTIVE ORGANS,PERITONEUM	39	25	14	0	0	0	0	1	0	7	2	8	4	9	8
10 M N OF RESPIRATORY & RELATED ORGANS	41	32	9	0	0	0	0	0	0	10	4	7	3	15	2
11 M N OF BONE,SKIN,BREAST	11	1	10	1	1	0	0	0	1	0	2	0	2	0	4
12 M.N. OF GENITOURINARY ORGANS	30	20	10	0	0	0	0	1	0	4	4	8	5	7	1
13 M N OF OTHER & UNSPECIFIED SITES	9	5	4	0	1	1	0	0	0	2	0	1	3	1	0
14 M N OF LYMPH & HAEMOPOIETIC TISSUE	20	11	9	1	0	0	0	1	0	3	1	2	2	4	6
15 BENIGN NEOPLASM	1	0	1	0	0	0	0	0	0	0	0	0	0	0	1
17 OTHER & UNSPECIFIED NEOPLASM	3	1	2	0	0	0	0	0	0	1	0	0	1	0	1
18 ENDOCRINE & METABOLIC DISEASES	13	7	6	0	0	0	0	2	0	1	0	1	0	3	6
20 DIS OF BLOOD/FORMING ORGANS	1	0	1	0	0	0	0	0	0	0	1	0	0	0	0
21 MENTAL DISORDERS	4	3	1	0	0	0	0	0	0	2	0	0	0	1	1
22 DISEASES OF THE NERVOUS SYSTEM	16	9	7	1	0	0	0	0	1	1	0	3	4	4	2
25 RHEUMATIC FEVER/HEART DISEASE	1	0	1	0	0	0	0	0	0	0	1	0	0	0	0
26 HYPERTENSIVE DISEASE	3	2	1	0	0	0	0	0	0	0	0	0	0	2	1
27 ISCHAEMIC HEART DISEASE	138	84	54	0	0	0	0	0	0	15	8	30	3	39	43
28 PULMONARY & OTHER HEART DISEASE	35	12	23	0	0	0	0	0	1	2	2	1	2	9	18
29 CEREBROVASCULAR DISEASE	54	16	38	0	0	0	0	0	0	1	1	4	4	11	33
30 OTHER DISEASES OF CIRCULATORY SYSTEM	16	9	7	0	0	0	0	0	0	2	1	1	2	6	4
32 OTHER DISEASES OF RESPIRATORY SYSTEM	57	30	27	0	1	0	0	0	0	0	3	3	4	27	19
34 OTHER PARTS OF DIGESTIVE SYSTEM	29	15	14	0	0	0	0	0	0	5	2	5	1	5	11
35 DISEASES OF URINARY SYSTEM	8	5	3	0	0	0	0	0	0	0	0	1	0	4	3
36 DISEASES OF MALE GENITAL ORGANS	2	2	0	0	0	0	0	0	0	0	0	0	0	2	0
44 CONGENITAL ANOMALIES	3	3	0	3	0	0	0	0	0	0	0	0	0	0	0
45 CONDITIONS IN PERINATAL PERIOD	6	3	3	3	3	0	0	0	0	0	0	0	0	0	0
46 SYMPTOMS & ILL-DEFINED CONDITIONS	1	0	1	0	0	0	0	0	0	0	1	0	0	0	0
E47 TRANSPORT ACCIDENTS	21	18	3	1	0	7	0	5	1	2	1	3	1	0	0
E48 ACCIDENTAL POISONING	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
E50 ACCIDENTAL FALLS	9	7	2	0	0	0	0	1	0	1	0	1	0	4	2
E51 ACCIDENTS CAUSED BY FIRES & FLAMES	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0
E52 OTHER ACCIDENTS,LATE EFFECTS	15	13	2	2	0	3	0	3	0	3	1	2	0	0	1
E54 SUICIDE AND SELF-INFLICTED INJURY	7	4	3	0	0	0	0	1	2	3	0	0	1	0	0
E55 HOMICIDE & INTENTIONAL INJURY	6	4	2	0	0	1	0	1	1	1	1	0	0	1	0
E56 OTHER VIOLENCE	1	0	1	0	0	0	0	0	1	0	0	0	0	0	0

TOTAL NUMBER OF VITAL EVENTS OCCURRING IN SASKATCHEWAN IN 1987
BY HEALTH REGION

HEALTH REGION	BIRTHS	DEATHS	INFANT DEATHS	NEONATAL DEATHS	PERINATAL DEATHS	STILL BIRTHS	INFANT DEATH RATE	PERINATAL DEATH RATE
TOTAL FOR PROVINCE	17007	7769	148	84	128	62	8.70	7.50
# 1 SWIFT CURRENT	564	394	7	6	6	0	12.41	10.64
# 2 MOOSE JAW-ASSINIBOIA-GRAVELBOURG	1056	602	11	10	10	2	10.42	9.45
# 3 WEYBURN-ESTEVAN	721	462	6	4	8	5	8.32	11.02
# 5 REGINA RURAL	942	576	1	1	3	3	1.06	3.17
# 7 ROSETOWN-BIGGAR-KINDERSLEY	679	301	8	2	3	1	11.78	4.41
# 8 SASKATOON RURAL	719	245	5	3	4	2	6.95	5.55
#10 YORKTON-MELVILLE	907	812	7	3	8	5	7.72	8.77
#11 MELFORT-TISDALE	1017	674	7	4	5	1	6.88	4.91
#12 PRINCE ALBERT	1379	611	12	9	10	4	8.70	7.23
#13 NORTH BATTLEFORD	1488	591	12	5	10	6	8.06	6.69
CITY OF REGINA	3119	1085	32	16	32	17	10.26	10.20
CITY OF SASKATOON	3297	1142	30	16	22	12	9.10	6.65
NORTHERN SASKATCHEWAN	758	137	10	5	5	2	13.19	6.58
OUT OF PROVINCE	361	137			2	2		5.51

COMMUNICABLE DISEASES REPORTED

	1985	1986	1987
Amoebiasis	0	2	61
Giardiasis	6	37	
Salmonella	16	29	24
Hepatitis Viral A	43	24	8
Viral B	6	4	8
Meningitis Bacterial	0	10	7
Viral	0	0	2
Rubella	0	0	4
Rubeola	0	23	158
Shigellosis	81	71	77
Tuberculosis Pulmonary	1	2	7
Other	0	1	1
Scarlet Fever	0	0	0
Gastro-Enteritis Bacterial	11	7	31
Pertussis	3	1	1
Chickenpox	-	2	1
N. Gonorrhea	-	106	197
Chlamydia	-	101	203

PUBLIC HEALTH NURSING REPORT

On May 31, 1987 an early retirement package came into effect and two Public Health Nurses elected to take it. Vickie Bright and Phyll Brasnett resigned at that time and neither of the positions were filled for the remainder of the year. The public health nursing districts were redivided and Birch Hills is now being covered from Prince Albert. Adele Sokolowski resigned May 13, 1987 and it was at that time that Karen Ullyott transferred to the Prince Albert Health Region.

The Assistant Nursing Supervisor position was deleted at the end of March 1987. As a result the Regional Nursing Supervisor has been attempting to cover off both positions for the whole year.

Two maternity leaves were in effect in the early part of 1987. This was covered off by two casual employees who resigned effective July 1987.

There were eight College of Nursing students in the Prince Albert Health Region during the summer of 1987. They were present for one month. In that time period they observed the public health nurses performing all aspects of the nursing program; ie. Passport to Health Program, home visits, prenatal classes, the school health program and SAIL follow-up. They became independent practitioners as their experience progressed under the supervision of their instructor. The public health nurses provided 129 students from the Kelsey Diploma Nursing Program with observational experiences which included prenatal classes, Child Health Conferences and pediatric and postnatal home visits. Three Post Basic RN degree students were also present in the health region for a two week experience. One student was located in Big River, one in Shellbrook and one in Prince Albert. Also, one Masters Nursing student is presently working on a research project in the region.

On September 1, 1987 the SAIL program was transferred to the Sask. Abilities Council. The public health nurses are still involved with the requisitioning and follow-up of environmental and mobility aids. The respiratory component of the SAIL program stayed with Community Health Services Branch. In the reorganization of the SAIL program the shipping and receiving of the equipment was transferred to the health region. The public health nurses are continuing to do the delivery and teaching of the use of the equipment. The temporary loan depot operating out of the health region was closed.

In September 1987 Regional Staff Conferences for Public Health Nurses were reduced to one every two months. This conference had previously been held every month. This is the Public Health Nurses' opportunity for inservice, program changes and update as well as sharing with one another.

There is an ongoing evaluation of the four year vision screening program. A committee has been struck provincially to determine the future direction of this program. In the meantime the program will continue for all four year olds with three different vision tests being performed by the public health nurses on each child.

Five public health nurses attended the Continuing Education Conference for Public Health Nurses in practice during the month of May, 1987, at the University of Saskatoon. This was the second year of a three year project with the same theme continuing throughout.

I want to thank the nursing staff for their continued contribution in delivering a high quality service to the public in the Prince Albert Health Region. I would also like to thank all the disciplines inside the department as well as other agencies who have shown support for the Public Health Nursing Program.

Finally, I want to thank the Regional Director, Medical Health Officer and clerical staff for their valued services necessary for the Public Health Nursing Program to achieve its goals.

Grace Rindahl
Regional Nursing Supervisor

January - December 1987
Selected Nursing Statistics
Annual Report

Nursing Days	2748
Total Home Visits made	2950
Number of Home Visits not found	658
Passport to Health Program:	
- Appointments Available	10498
- Appointments seen	7293
- Number of Core Appointments seen	4208
- Number of Non-Core Appointments seen	2925
Prenatal Health Services:	
- Number of Home Visits	208
- Other Interviews or Contacts	259
- Classes held	134
- First time attended - Mothers	387
- Aggregate attendance - Mothers	1081
- Fathers	970
Births	
(*Native births not included)	1150
Postnatal Services	
- Number of Home Visits	1031
- Other interviews	284
Infant Services (0-12 months)	
- Number of infants seen on home visits	1167
Preschool Services (13 months - 5th birthday)	
- Number of preschoolers seen on home visits	986
Passport to Health Program:	
Seven Elements:	
Core Services	
1) Developmental Screening	
- Infants	936
- Preschoolers	1644
- Referrals	9
2) Hearing Screening	
- Infants	1459
- Preschoolers	1791
- Referrals	8
3) Nutrition Screening	
- Infants	2178
- Preschoolers	2088
- Referrals	2

4) Physical Assessment	
- Infant	2157
- Preschoolers	2074
- Referrals	2
5) Vision Screening	
- Preschoolers	863
- Number failed first screening	73
- Number failed second screening	4
6) Speech Language Screening	
- Preschoolers	797
- Failed	101
7) Immunization	
Infant - DPT - 1st	681
- 2nd	496
- 3rd	393
- OPV - 1st	684
- 2nd	500
- 3rd	398
- MMR	512
Preschool (18 months & 4 years)	
- Recall - DPT	1110
- Recall - OPV	1140

Non Core Services:

Seven Elements	
1) Developmental Screening	
- Infants	697
- Preschoolers	1306
- Referrals	6
2) Hearing Screening	
- Infants	1163
- Preschoolers	950
- Referrals	9
3) Nutrition Screening	
- Infants	1296
- Preschoolers	1571
- Referrals	0
4) Physical Assessment	
- Infants	1279
- Preschoolers	1548
- Referrals	8
5) Vision Screening	
- Preschoolers	75
- Number failed first screening	4

6) Speech Language Screening	
- Preschoolers	85
- Number failed	9
7) Immunization	
Infant - DPT - 1st	354
- 2nd	402
- 3rd	460
- OPV - 1st	350
- 2nd	400
- 3rd	475
- MMR	556
Preschool - DPT - Recall	783
- OPV - Recall	811
School Health Services:	
- Number of students seen for counselling/ inspection/audiometric/vision follow-up	3943
- Teacher-Nurse Conference re students	958
- Health Education Presentations	53
- Number of students attended	1860
Immunization:	
Tetanus/Diphtheria - 1st	8
- 2nd	11
- Recall	1372
Oral Polio vaccine - 1st	10
- 2nd	8
- Recall	1423
Measles/Mumps/Rubella	69
Rubella	421
Miscellaneous Home Visits	
- Adult under 65	578
- Adult over 65	244
- Physically Handicapped	40
- Communicable Disease follow-up	220
- SAIL follow-up - Home Visits	500
- Other contacts	515

PUBLIC HEALTH INSPECTION

During the past year the inspectional staff of Health Region #12 has been depleted to three people. This is a reduction from a staff of five inspectors positions a year ago.

The past year has seen the untimely accidental death of Harvey Smith (January 31st, 1987). The retirement of the Senior Public Health Inspector, Carm Caswell, to the early retirement package offered by our employer. These happenings were a major loss to the region's effectiveness to implement and carry out regional programming.

This past year as in former years a trainee was placed in our region for 'tutorship'. Pat Tymiak, a second year BCIT student completed her field training in this region and was offered a full time position in the Moose Jaw Assiniboia Health Region. The vacated position of Senior Public Health Inspector was awarded on November 16th, 1987, to Chuck Shaw, who was on staff as the Assistant Senior Public Health Inspector (PHI II). With this promotion, the PHI II position was changed to a PHI I position for the region, where it stands vacant at the present time.

Chuck Shaw was appointed Senior Public Health Inspector for the Melfort-Tisdale Health Region on December 1st, 1987. Therefore, the Regional Senior Public Health Inspector position is again shared between the two regions.

Marylee Dean and Lorne Humenny remain the only district Inspectors on staff. They over the past months have borne the ever increasing load of providing valuable service to the public. They have done a very commendable job.

With the ever increasing load, some regional programs have suffered, especially enforcement of shoreline pollution regulations.

Some programs that have been undertaken and have proven successful are:

Elimination of Substandard Housing. The town of Shellbrook as well as the City of Prince Albert are carrying out a very active policy of removal/upgrading of poor living conditions. The majority of vacant houses placarded in the City have been demolished or 'boarded up' so they do not present a major problem at this time.

Urban & Rural Plumbing Inspections still demand and dictate the staff weekly program. The City of Prince Albert has issued 254 plumbing permit applications for plumbing installations in the past year. This is 11 permits less than the year 1986. The demand for this service still remains paramount.

In order to complete job duties, a priority list of programs has been established and will be adhered to in the future, until such time as a full compliment of staff is achieved.

I would be remiss when writing this report in not commenting on the very capable help rendered to the inspectional staff by Brenda Ziegler, Clerk Typist II. Brenda in her performance of duties has provided full assistance and co-operation.

The following is the Public Health Inspection Information System Regional Activity Report for the Year 1987.

C.A. Shaw
Senior Public Health Inspector

ACTIVITY REPORT
REGIONAL

TYPE OF ACTIVITY	VISITS	YTD TIME SPENT (HOURS) CONS.	INSP.	TOTALS	%
FACILITY RELATED SERVICES					
Eating Establishments	103	171	122	396	9
Food Distribution	53	35	48	136	3
Food Processing	6	19	6	31	1
Liquor Outlets	25	16	27	68	2
Communal Water System	6	11	0	17	0
Private Water Supply	9	102	0	111	3
Public Water Supply	25	28	15	68	2
Communal Sewerage Systems	5	5	0	10	0
Private Sewerage Systems	24	100	0	124	3
Public Sewerage Systems	0	5	0	5	0
Solid Waste Disposal	1	6	0	7	0
Liquid Waste Transport	9	32	0	41	1
Hospitals	3	2	1	6	0
Schools	1	7	1	9	0
Institutions	31	38	27	96	2
Housing	60	115	0	175	4
Mobile Home Parks	1	3	4	8	0
Trailer Courts	1	3	2	6	0
Hotels	16	21	16	53	1
Motels	4	7	7	18	0
Industrial Facilities	0	0	0	0	0
Swimming Pools	25	37	24	86	2
Agricultural Facilities	4	4	0	8	0
Personal Service Facilities	2	3	1	6	0
Recreational Facilities	27	81	35	143	3
Public Facilities	6	5	5	16	0
Plumbing	136	173	0	309	7
Investigations	11	47	0	58	1
TOTAL FAC.-RELATED SERVICES	594	1076	341	2011	48
GENERAL SERVICES					
Travel				549	13
Meetings				84	2
Surveys				33	1
Monitoring				27	1
Training Courses				114	3
Other				50	1
TOTAL GENERAL SERVICES				857	21
OFFICE SERVICES					
Projects				2	0
Staff Meetings				17	0
Staff Development				274	7
General Administration				1013	24
TOTAL OFFICE SERVICES				1306	31
GRAND TOTAL				4174	100

CHIROPODY ANNUAL REPORT 1987

The Prince Albert Chiropody Program has now reached its optimum patient load with only one chiropodist; a total caseload of 1,219 with 377 discharges in this year. Our waiting list for new patients has not declined, once again indicating the need for another chiropodist.

Our patient numbers were down somewhat due to five weeks of illness from my assistant during which time we received no nursing help except for the kind loan of a public health nurse from Grace Rindahl our Regional Nursing Supervisor for my minor surgery and orthotic days. For this we give thanks. Also thanks to Dr. Richardson and Dr. Jones for filling in for me for several days in December while I was on sick leave for six weeks.

The following objectives have been met:

1) A twice monthly clinic at North Park Centre. This clinic ceased in December, 1987 due to closure of North Park Centre in early 1988.

2) Twice monthly surgical and orthotic days.

3) Foot Health Education workshops
   a) To new Special Care Homes in Big River and Duck Lake
   b) Home Care - Country Valley and Pineland
   c) Diabetic Association in Wakaw
   d) Senior Citizen Clubs in Canwood, Birch Hills, Leask, Big River and Shellbrook

4) Pilot project of Grade 5 school children. A special education package was written for educating school children and has so far been well received. Workshops were given at three rural schools: Spiritwood, Rosthern and Wakaw and two city schools: Berezowsky and Vickers.

5) Appeared on local television twice.

6) Foot Health Manual for doctors' offices is still in the process of editing.

7) Attended four Chiropody Inservice Workshops. Spent a week of educational leave to attend a Post Graduate Study at the "California College of Podiatric Medicine" in San Francisco.

8) Communications with other health disciplines such as doctors, hospital staff, physiotherapists.

I wish to give thanks to all the staff of Prince Albert Community Health Services. You are a great team to work with.

Dr. Hannah-Mary Worbey
Chiropodist.

CHIROPODY COMPARATIVE STUDY

PRINCE ALBERT:

	1985	1986	1987	
New Referrals	403	446	366	
Total Visits	2741	3582	3099	
Discharges	179	245	363	
Orthotics	14	58	63	
Surgery	7	64	52	
Caseload		930	933	
SPIRITWOOD:				
New Referrals	31	50	40	
Total Visits	114	160	167	
Discharges	3	8	7	
Caseload		95	95	
ROSTHERN:				
New Referrals	50	57	79	
Total Visits	260	325	364	
Discharges	3	11	7	
Caseload		125	191	
Total New Referrals				485
Total Visits				3630
Total Discharges				377
Total Caseload				1219
Average Patients Treated per day				20.04%
Average recommended per day				20

CHIROPODY CATEGORIES 1987

PRINCE ALBERT:

Jan-Dec 87 Total	Cat. 1	Cat. 2	Cat. 3	Cat. 4
New Referrals	96	41	91	138
Total Visits	839	390	842	1028
Discharges	93	30	75	171
Orthotics	63	No categorization		
Surgery	52			

SPIRITWOOD:

Jan-Dec 87 Total				
New Referrals	13	0	9	17
Total Visits	73	6	58	38
Discharges	3	0	1	3

ROSTHERN:

Jan-Dec 87 Total				
New Referrals	23	4	22	29
Total Visits	145	28	100	91
Discharges	0	0	3	4

Category 1	Medically at Risk
2	Medically at Risk General Population
3	Well Elderly
4	General Population not Medically at Risk

SPEECH-LANGUAGE PATHOLOGY

The Speech-Language Pathology Program continues to be an integral part of the Prince Albert Health Region, working closely with nursing, early childhood psychology, and other related professions (Table I). We have been occupied on a full time basis throughout the year.

The preschool population continues to be the major portion of the speech-language pathology caseload. Approximately 90% remains preschool oriented as opposed to 10% for adults (Table I). These percentages have not changed significantly over the past year. There has been a slight increase in total caseload size. However, this increase has not affected the delivery of service to the clients (Table III).

Our involvement continues with various agencies in Prince Albert and throughout the Region. These include child care centers, pre-schools, playschools, local departments of education, local and provincial service agencies (ex: Prince Albert Native Co-ordinating Council) and the Prince Albert Early Childhood Intervention Program. Many of the pre-school children on caseload receive services from these agencies and we are able to provide programming through these agencies as well.

In April, 1987, Mr. Michael Janser became our first full-time Saskatchewan Hearing Aid Plan Audiologist in the Prince Albert Health office. This has proved to be of great benefit to the speech-language pathology program. Children requiring the services of an audiologist need no longer travel to Saskatoon. Children are seen somewhat more quickly in Prince Albert and the parents can avoid the sometimes lengthy round trips to Saskatoon. The opportunity to work and consult with a professional so closely related to the field of speech-language pathology is much appreciated.

Public Health Nurses are continuing to administer a speech and language screening test to the children seen at the 3 year clinic. This part of the CORE Screening Program has recently undergone a preliminary evaluation. A sub-committee has been formed to review the preliminary evaluation and it is possible that some changes will be considered. However, the idea of a 3 year communication screen is still quite valid and is in keeping with the philosophy of early intervention and prevention.

As in previous years, a word of thanks must go out to all Health Region staff who supported us in our endeavors in 1987. A special thank you to our clerical staff who undertook to interpret hand written reports and garbled dictaphone recordings. Thanks ladies. You've done a great job.

Laurie Laturnas
Jay Rindahl
Speech-Language Pathologists

TABLE 1 - SOURCES OF REFERRAL

SOURCE	# OF REFERRALS	% OF TOTAL REFERRALS
Public Health Nurse	109	52%
1. Result of Communication Screen	69	33%
2. Other PHN Referrals	40	19%
3. Early Childhood Psychologist	8	4%
4. Saskatchewan Hearing Aid Plan	2	1%
5. Parent	18	8%
6. Physician	38	18%
7. Others	37	17%
TOTAL	212	100%

TABLE II - REFERRALS BY AGE GROUP

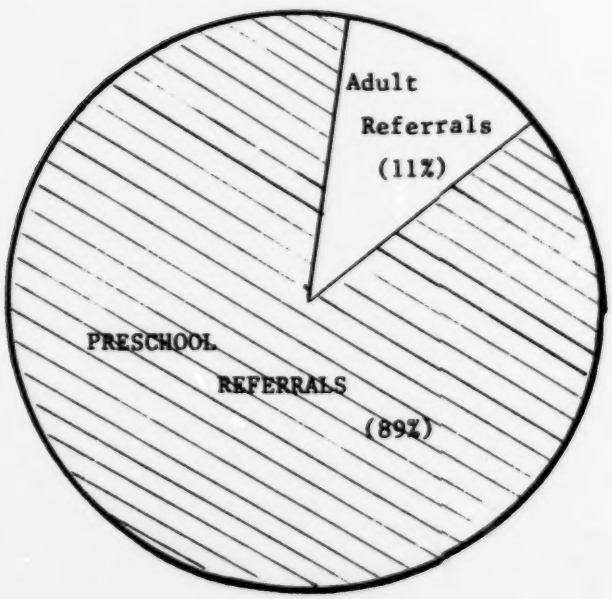

TABLE III - STATUS OF CASES AS OF DECEMBER 31, 1987

TABLE IV - REASONS AND NUMBERS OF CLIENT DISMISSALS

REASON FOR CLIENT DISMISSALS	NUMBER	% of TOTAL
Initial Assessment Normal	18	9%
Therapy Goal(s) Reached	54	26%
Transferred to Another Agency	53	25%
Moved	29	14%
Service Refused	22	10%
Other	33	16%
TOTAL	209	100%

EARLY CHILDHOOD PSYCHOLOGY

The Early Childhood Psychology Program provides services to preschool children and their parents in their local setting. Children are referred to this program for developmetnal, behavioural and multiple problems. Referrals are made by public health nurses, speech-language pathologists, parents, physicians and community agencies. This program is closely linked to other medical and community services.

The Early Childhood Psychologist provided services to the Northern Health Services Branch in La Ronge two days per month during the period from December, 1986 to December, 1987. This service from the Prince Albert Office to La Ronge ceased as of January, 1988.

The number of children referred increased from 72 last year to 95 this year and the total number of sessions conducted with individual children, their parents and follow-ups also increased considerably. The number of contacts with community agencies also increased.

This has been the last year in which the Early Childhood Psychologist worked full-time in the Prince Albert Health Region. During the present year, the Early Childhood Psychologist will be serving the Melfort-Tisdale Health Region as well as the Prince Albert Health Region.

I would like to thank all the Health Region staff for their co-operation and support during the year.

Ruth Wong
Early Childhood Psychologist

Statistics for 1987

New Referrals to Early Childhood Psychologist

Source of Referral

Public Health Nurse	26
Speech-Language Pathologist	10
Parent/Guardian	19
Other (physician, community agencies, etc.	40
Total	95

Reasons for Referral

Developmental Screening Test	15
Other Developmental problems	38
Behavioural Problems	34
Multiple Problems	8
Total	95

NUTRITION

The position of Public Health Nutritionist continued to be shared with Saskatoon Rural Health Region until October, 1987.

In the Prince Albert Health Region, a total of twenty-four presentations were given to 529 people. These included day cares, schools, Leask Colony, Community College, parenting classes, multicultural centre, T.O.P.S., Home Care, seniors' groups and the Y.M.C.A.

Consultation, providing information, materials, and/or advice was given to 1388 including 25 individual counsellings.

Weekly newspaper columns on nutrition continue to be sent to all daily and weekly newspapers in the health region. Other media work included taping 4 Health Topics for the community channel as well as appearing on Telecable Update. I appeared twice on "In Conversation". The T.V. series The Senior Chef was also aired for 13 weeks.

A Nutrition Month contest was again sponsored during March. The contest encouraged school children to monitor their eating/nutrition habits for the month and make appropriate changes. Again this year, the school with the top score was Leask Colony School.

Two community interns had rotations in the Prince Albert/Saskatoon Rural Health Regions for a total of 5½ weeks.

Beginning in the fall of 1987, the nutritionists began teacher workshops in co-operation with the Saskatchewan Dairy Foundation. The Dairy Foundation is providing reliable, colorful nutrition information packages for teachers. The kits are free provided that the teacher attends a workshop put on by a nutritionist. There are two workshops: one for kindergarten to Grade 3 and the other, Grades 4-6.

Provincially, planning programs and resources continues with the Nutrition Action Plan. Projects I have been involved with, with other Public Health Nutritionists, are as follows:

1) An information package on Breastfeeding was developed. It will be distributed to hospitals in the regions for provision of consistent information.

2) A series of fact sheets on eating disorders was prepared. The information presented covers:
   1) What are Eating Disorders?
   2) How to Recognize an Eating Disorder
   3) Coping with an Eating Disordered Person
   4) How to Avoid an Eating Disorder
   5) Resources for those interested in Eating Disorders

   The sheets are suitable for use by professionals with teachers, parents, adolescents or anyone interested in basic information.

3) A project continues on Preschool Nutrition concerns. This will continue into 1988.

4) Rating nutrition articles - a handout was developed to assist people in choosing reliable nutrition references.

I would like to express my appreciation for the assistance, co-operation and support received within the Health Region. I enjoyed working with all.

Marilee McDermott
Public Health Nutritionist

NUTRITION STATISTICS

Community Group Seminars

Group Meeting	No. of Meeting	Attendance
Prenatal Classes	3	39
Child Care Workers	1	12
School Students	3	92
School Teachers	1	11
Post-Secondary Students	2	26
Public Health Staff	1	15
Parents	1	116
Consumers	3	20
Seniors	5	155
Other	4	43
	24	529

Consultative Services

Group	Number
Health Region Staff	77
Dept. Health Staff	17
Public	464
Health Professionals	602
Education Personnel	190
Government Agencies	12
Community Agencies	1
Individual Counselling	25
	1388

COMMUNITY THERAPY

Community Therapy has been with Community Health Services Branch since October 1, 1986. The two therapists in this region have been kept very busy assessing and treating patients in hospitals, special care homes, schools and private homes as well as providing several educational seminars in various institutions. Mrs. Brenda Dean, half-time physical therapist, is based in Cudworth and full time occupational therapist, Sharon Babcock, is based in Shellbrook.

Brenda was off on maternity leave for approximately 5½ months. During this time, Karen Ganshorn, Physiotherapist, did an 8-week locum but we do not have her statistics. Brenda continues to provide weekly outpatient services to hospitals and special care homes in Wakaw and Cudworth. Sharon provides weekly outpatient services to Shellbrook, Spiritwood and Big River Hospitals. Special care homes in those areas as well as Birch Hills Hospital (inpatient centre only), Birchview Home, Mont St. Joseph and Pineview Terrace are visited once per month.

62 inservices were presented by Brenda and Sharon.

- 20 on General Back Education
- 19 on Transfers and Lifting
- 3 on Arthritis
- 3 on Amputees and Stump Bandaging
- 1 on Labour and Delivery
- 1 on Dressing Training
- 2 on Incorporating Range of Motion in Activities of Daily Living
- 2 on Range of Motion Exercises
- 1 on Joint Protection
- 2 on The Importance of Exercise for Seniors
- 2 on Parkinsons
- 1 on Mobility Aides
- 1 on Patient Management
- 1 on the Community Therapy Program
- 3 on Postural Drainage and Percussion

Sharon presented at a one day Speech and Occupational Therapy Workshop in Lanigan. She took participants through sensitivity training to disability, dressing and feeding training, and demonstrated adapted clothing and various equipment which can help the handicapped become independent in their self care.

Sharon has received splinting supplies. She visited Rosthern's Community Therapist, James Gattinger, and made splints for 3 of his patients as well as manufacturing eleven other splints in her own area.

1090 patients were treated by Sharon and Brenda from January 1, 1987 to December 31, 1987.

- 388 inpatient attendances
- 1330 outpatient attendances
- 237 new inpatients were seen
- 395 new outpatients were seen
- 51 inpatients were actively carried over
- 407 outpatients were actively carried over

* Note "Outpatients" includes hospital outpatient visits, home visits, visits in Special Care Homes and schools.

A special thank you goes to all the Health Region Staff for their welcoming co-operation and support in 1987.

Sharon Babcock
Community Occupational
Therapist

DENTAL HEALTH EDUCATION

During 1987, Community Health Services established a Dental Health Education Program designed to provide preventive services and resource materials to various target groups and the general public. Crystal Asmussen assumed the position of Dental Health Educator for the Prince Albert Health Region on October 1, 1987.

Targets for the 1987/88 school year are as follows:

1. Preschool children - A dental health kit, consisting of a story, toothbrushes, brushing charts, coloring sheets and a poster is made available to caregivers. Information on appropriate teaching resources, tooth brushing skills and low sugar snacks is also included.

2. Kindergarten and Grade 1 - Dental Health Educators will endeavour to talk to all Kindergarten and Grade 1 students twice in the 87-88 school year. Presentations include personal responsibility for daily plaque removal, demonstration of proper brushing and flossing methods and the role of high sugar foods in promoting plaque development. A five day teacher follow up package is provided to the teachers to cover:
   - Diet and Dental Health
   - Teeth and Their Function
   - Dental Safety
   - Role of Dentist and Auxilliaries
   - Dental Development

3. Grade 3 and 4 - Dental Health Educators will visit each class to discuss the features of a good toothbrush, plaque control, with demonstrations of proper hygiene methods, dental safety and emergency treatment of dental injuries.

4. All classes - Schools considered at high risk of dental caries in a non-fluoridated water supply area are encouraged to participate in a school based weekly rinse program. The weekly rinse program can prevent the incidence of dental decay by 20-40%.

   - Dental Health Educators will act at consultants and supply resource material to teachers.

Program goals also include:

1. Consultants to the sporting community to prevent dental injuries through the use of proper equipment and appropriate first aid in the event of an injury.

2. Providing information to caregivers of seniors.

All schools were initially visited in October and early November in order to explain the scope of the Dental Program to all staff. The first visit of the school based program is 50% complete, the remainder have been booked and it appears will be completed by early February.

Program development and idea sharing were the basis of two inservices attended October 5-9 and December 15-16.

Nine schools in this area are participating in a school based Fluoride Mouth-rinse Program, all of which have been doing so for a number of years. No new programs have been implemented.

Crystal Asmussen
Dental Health Educator.